Staying Safe While Walking

Walking is the most common and affordable form of exercise – and it is good for the environment too! But people traveling by foot or using a wheelchair are among the most vulnerable users of the road. On average in the U.S., 16 people die from traffic-related pedestrian injuries and 353 are treated in the emergency department everyday. So before heading out the door, here are a few safety tips to keep in mind:

Safety Tips

- It's safest to walk on the sidewalk. If one is not available, walk facing traffic.
- Don't assume drivers will stop. Make eye contact with the driver, not the vehicle. Don't count on drivers to pay attention.
- Cross streets at marked crosswalks or intersections. If available, cross the street at a designated crosswalk or intersection, where drivers are more likely to expect a person crossing the street.
- Use extra caution when crossing

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Image: Open source photo from Pedestrian and Bicyde Information Center (PBIC) Image Library.

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